



SMOKELESS TOBACCO FACTS

Smokeless tobacco includes chew tobacco and snuff. These products contain tobacco leaf and a variety of additives.

(Spence, W.R., Health Edco, 1993)

Chew tobacco is not a safe alternative to smoking. One can of chew tobacco has triple the cancer-causing chemicals compared to a pack of cigarettes.

(Spence, W.R., Health Edco, 1993)

About 8,000 people die (70% from oral cancer) every year due to chewing tobacco use.

(Academy of General Dentistry, October, 1994)

Other cancers caused by tobacco include cancer of the pancreas, nasal cavity, urinary tract, esophagus, pharynx, intestines and the stomach.

(Academy of General Dentistry, October, 1994)

Snuff and chewing tobacco causes bad breath, discoloration of teeth, and tooth decay that lead to tooth loss.

(Academy of General Dentistry, October, 1994)

Young men (18-25) make up the largest group of smokeless tobacco users.

A can per day habit costs \$730 per year, which could buy a VCR and 107 movie rentals, a mountain bike, or 52 large pizzas.

Smokeless tobacco is more addictive and may be harder to quit than smoking because it contains higher levels of nicotine than cigarettes.

(Academy of General Dentistry, October, 1994)

One can of snuff delivers as much nicotine as 60 cigarettes.

(Academy of General Dentistry, October, 1994)

Double dippers, who mix snuff and chewing tobacco, are more likely to develop pre-cancerous lesions than those who use only one type of chewing tobacco.

(Academy of General Dentistry, October, 1994)

Regular smokeless tobacco users report the same type and intensity of nicotine cravings, and the same problems in quitting, as tobacco smokers.

COUNTY OF ORANGE HEALTH CARE AGENCY TOBACCO USE PREVENTION PROGRAM

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